



Spinach Omelet

ALL TYPE FRIENDLY

Ingredients

- 1-2 tsp olive oil or nonstick cooking spray
- 1 tsp crushed cayenne pepper*
- 1 tsp cumin seed*
- 1 cup fresh chopped spinach
- 2 eggs beaten
- Salt to taste (optional)

Directions

1. Heat oil on low-medium heat (never use olive oil on high heat)
2. Add cayenne and cumin and sauté for 2-3 min
3. Spread pepper, cumin, spinach evenly in the skillet
4. Add eggs and cook to desired firmness
5. Fold, remove and serve!

Notes

- *Can be omitted
- Salt may be added while cooking or after

